



# BASE SEATTLE CUTTERMAN'S DINING FACILITY

## September 17, 2012 - September 23, 2012



:: All meal hours are final unless specified otherwise::

	BREAKFAST MON - FRI 0600 - 0730 SAT, SUN, HOLIDAY 0730-0830	BREAKFAST NUTRITIONAL INFORMATION Calories/Fat/Carbs/Protein	LUNCH MON - FRI 1100 - 1230 SAT, SUN, HOLIDAY 1100 - 1230	LUNCH NUTRITIONAL INFORMATION Serv. Calories/Fat/Carbs/Protein
M O N D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Bacon Buttermilk Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 2 ea 172/7g/22g/5g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Chicken Tenders and Curly Fries Tomato Soup Stuffed Peppers Garlic Mashed Potatoes Roasted Garden Vegetables French Bread Baguette Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	- 1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g - -
T U E S D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Sausage Links Breakfast Egg Muffins French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 50/0g/12g/1g 2 ea 218/20g/2g/8g 1 ea 360/16g/34g/18g 1 ea 149/7g/16g/5g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Pulled Pork Sandies and Tator Tots Minestrone Soup Turkey Tetrazzini Broccoli and Cheese Garlic Focaccia Bread Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	1 ea 250/18g/20g/7g 5 oz 220/10g/15g/3g 1 cup 260/3g/15g/23g 8 oz 390/13g/43g/30g 4 oz 350/11g/24g/1g 5 oz 160/3g/17g/3g 1 ea 132/5/22g/0g - - -
W E D N E S D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Sausage Patties Chorizo Burritos Buttermilk Waffles Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 204/13g/22g/2g 2 ea 240/23g/2g/9g 1 ea 218/11g/25g/6g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Grilled Chicken Sandies w/ Asst. Chips Potato Chowder BBQ Pork Loin Mac and Cheese Bacon and Onion Green Beans Buttered Biscuits Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	1 ea 340/20g/28g/14g 5 oz 316/26g/31g/8g 1 cup 230/10g/11g/8g 7 oz 325/8g/16g/33 1 cup 194/1.9g/26g/8g 5 oz 140/2g/17g/3g 1 ea 260/22g/12g/8g - -
T H U R S D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Grilled Spam Buttermilk Biscuits Sausage Gravy Chocolate Chip Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 50/0g/12g/1g 2 ea 182/16g/1g/7g 1 ea 260/12g/33g/5g $\frac{1}{2}$ cup 100/6g/8g/3g 1 ea 136/5g/22g/3g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Fish and Chips Chicken and Rice Soup Chicken Cacciatore Herbed Penne Pasta Cheesy Garlic Bread Grilled Asparagus Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee	5ea 323/17g/22g/18g $\frac{1}{2}$ cup 365/18g/26g/3g 1/2 cup 182/14g/24g/7g 1 ea 437/19g/5g/13g $\frac{1}{2}$ cup 356/23g/28g/5g 1 cup 120/0g/24g/6g 1 ea 260/22g/12g/8g - - -
F R I D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Corned Beef Hash French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 1 ea 149/7g/16g/5g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Chili Dogs w/ Onion Rings New England Clam Chowder Grilled Cod Fillets Wild Rice w/ Tomatoes Sautéed Italian Vegetables Dinner Rolls Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee	- - 1/2 cup 230/5g/16g/8g 6 oz 290/23g/14g/31g 6 oz 253/3g/24g/12g $\frac{3}{4}$ cup 230/0g/17g/1g 1 ea 160/12g/22g/2g - -
S A T U R D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Asst Breakfast Meats Assorted Fruit Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 50/0g/12g/1g 2 ea 92/8g/1g/6g 1 ea 136/5g/22g/3g - - - -	MEAL TO ORDER Hamburger Cheeseburger Turkey Burger Philly Cheese Steaks Chicken Cheese Steaks Chicken Sandwich Hot Dog	- 1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g - -
S U N D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Asst Breakfast Meats French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	$\frac{1}{2}$ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g $\frac{1}{2}$ cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 1 ea 149/7g/16g/5g - - - -	MEAL TO ORDER Hamburger Cheeseburger Turkey Burger Philly Cheese Steaks Chicken Cheese Steaks Chicken Sandwich Hot Dog	- 1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g - -
	DRAFTED BY FS2 J. G. LaBarge Food Service Specialist	REVIEWED BY LCDR J. J. Pile Comptroller	REVIEWED BY FSCS N. M. Johnson Food Service Officer	APPROVED BY CAPT M. P. Lebeau Commanding Officer

Disclaimer: Nutritional values are based on a 2000 calorie diet. The caloric values per item are just an average. Go NY Giants! Values may differ depending on your calorie needs and consumption.